

GAUTENG & DISTRICT OFFICE
24-Hour helpline 0861 25 26 66

Dear Loners

December 2018

I am so proud of our Loners. A few of you have picked up the challenge and started Al-Anon groups in your town!!! Well done. We now have groups in Three Rivers, Rustenburg, Secunda, and Katlehong and now I heard that Middelburg and Bedfordview are also planning on starting new groups!!!

And Alateen is growing too.....meetings are held regularly at Parktown North and Kempton park and definite plans are in place to start an Alateen group in Pretoria in the New Year.

Please please look at the website, www.alanongauteng.co.za or phone the office as the new groups are added as soon as they start convening regular meetings. The office will give you guidance and support material if you are thinking of starting a group.

How do you get in touch with other like-minded people to start a group? Contact the office so we can put you in contact with other loners in the town or still better visit your nearest AA group and ask to meet their family members. *It works if you work it!!!*

A few shares from our Alateens:

- My mother dragged me to Alateen. I didn't want to go! I was scared and confused. She was the drunk not me. At my first meeting everything was new but I learnt it was not my fault. I was not to blame. The other members were very friendly.
- Today we discussed self-worth. Why do I always look for approval in the wrong places? Why do I blame myself for my parents drinking? Why do I think I am not good enough? These are just some of the questions that I raised at the meeting this morning. I am so grateful that the other teens suggested I set some boundaries. I am going to try and set some boundaries for myself. I might even ask one of the Alateen members to help me. I have also started looking at myself in the mirror and saying you are OK! I like you! At first I felt a bit strange doing this but since I have been doing it I have started to believe in myself.
- From *Unitas* 1991 Jan/Feb Love is the most important thing in our lives and without it we feel rejected and we hate others for not loving us. We always expect people to first come to us and tell us that they love us. Imagine if all of us had that attitude, everyone would be waiting for love and not one person would receive it! An important slogan to remember in a situation such as this is "*Let it Begin with me*". I always felt that my parents did not love me the way I wanted them to love me. It made me feel terribly rejected. They did love me in a certain way, but I was too blinded by self-pity and my own needs to see the love they had to offer. I had to do something about this, I had to change my attitude and accept their love. I found that by using this slogan, "*Let it begin with me*", I became a more loving person and was able to accept the love from my parents and offer love to others.

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- From *Unitas* 1991 Jan/Feb Before I came to Alateen I kept everything bottled up inside of me, and eventually built a big wall around me. I felt that I couldn't find anyone to confide in. The way I think and feel is an important aspect in my life, because I have to make my own decisions and not let other teenagers influence the way I think or feel. My feelings towards others are completely different from whatever they say or do. Now it seems that I can trust my Alateen friends. I can share my real feelings with them and they help me to accept myself as I am. Thanks to them I am starting to relax and find ways to untie some of the knots in my feelings. The programme helps me to understand my own feelings, even something as strong as hate. I know that bad feelings don't create bad people. I concentrate on letting go of my bad feelings and get started on feeling good about myself and the people around me.....

From *Alateen –A day at a time* [B10] page 108

“I'm a special person. I'm unique. No one looks or feels exactly the way I do. There isn't a single carbon copy of me in the world.

I believe in a loving God and this makes me feel good. Thanks to my beliefs and the program, I'm not a pawn in a chess game anymore. I'm my own person. I'm growing and learning and I have a purpose for living this and every day.....

Before Alateen I always thought I was different. Now I realize that I am – in a very positive way. I'm one of God's miracles. There's no one in the world like me. I'm a worthwhile person filled with good things, ready to make the most of today.”

The Alateens say thank you to all the anonymous Al-Anon members/groups who have helped them by contributing towards Alateen literature.

We would love to share your experience strength and hope with other loners in the programme. New groups have opened in our area. Please visit our website, www.alanongauteng.co.za it is updated regularly with new shares, blogs and book reviews. Remember help is a phone call away.

The national website www.alanon.org.za has a new members sections with lots of interesting material. Well worth looking at both these sites.

Our banking details are: ABSA Bank, Oakdene, branch code 632 005). Current account no 1118881482.....in the name of **Al-Anon Information Service**. Please put your **name or group as a reference**.

The loner committee wishes you and your family a peaceful, serene Festive Season

With love in Al-Anon, Juliet

P.S. If you do not want to receive these letters send email to alanontvl@absamail.co.za with the word **unsubscribe** in the subject and we will remove your name from the distribution lists. If you know of new members who would like to receive our newsletter please let the office have the details